

Town of East Hampton Human Services Department And East Hampton YMCA

WELLNESS 60 + AT ASHAWAGH HALL

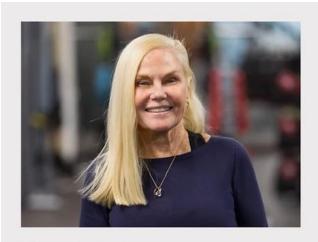
780 Springs Fireplace Rd, East Hampton

Challenging workout experiences to help you reach your health goals!

Osteoporosis Prevention & Stretching with Leigh Frankel

Wednesdays 2:00pm-2:45pm

- Workout equipment & chairs will be provided.
- Please bring your own mats.
- 40 participantsperclass maximum.
- Nopre-registration is required.
- Onsite sign-in is required.



Fitness Instructor

Leigh Frankel

ACE Certified Group and Personal Training

Certifications: LSVT Certified Training for

Parkinson's

Instructor: Bones & Balance

For more information call: 631-329-6939